flaxenwick

Date _____

Strengths & Weaknesses

For each of the statements below, indicate if you agree or disagree.

	Agree	Disagree
I get on well with other people	[ ]	[ ]
I am a good communicator	[ ]	[ ]
I am a good listener	[ ]	[ ]
I set myself high standards	[ ]	[ ]
I achieve my objectives	[ ]	[ ]
I am productive	[ ]	[ ]
I am a diligent worker	[ ]	[ ]
I take time to relax	[ ]	[ ]
I manage my finances well	[ ]	[ ]
I take care of my health	[ ]	[ ]
I have no bad habits	[ ]	[ ]
I eat a sensible diet	[ ]	[ ]
I exercise regularly	[ ]	[ ]
I am optimistic	[ ]	[ ]
I do not suffer from mood swings	[ ]	[ ]
I have high self-esteem	[ ]	[ ]
I am confident	[ ]	[ ]
I am competent at what I do	[ ]	[ ]
I am usually happy	[ ]	[ ]
I am tidy and organised	[ ]	[ ]
I am punctual and reliable	[ ]	[ ]

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STRENGTHS

- How can I use them to better advantage?
- How did they become strengths?
- How could I pass them on to others?

WEAKNESSES

- Are they really weaknesses?
- Do they hold you back from the life you desire?
- How are they significant in the way you live your life now?
- What would it take to turn each weakness into a strength?
- What further resources might you need (eg. more experience, education, forgiveness, help from others, more time, commitment)?

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